



During a prolonged absence from school it is a good idea to give your child a similar routine to that which they would have on a school day. To help with this, we have organised a **suggested** timetable which may offer the family some structure to their day. We are very aware that many parents/carers are having to work from home at this time and so many of the activities that the children have in their packs or are set on the school website are ones we feel can be done independently, allowing you to focus on your own work.

<b>Time</b>	<b>Activity</b>	<b>Suggested Activities</b>
Before 9	Wake up	Have breakfast, get dressed and make the bed
9-10	Physical activity	Walk the dog, do yoga or join Joe Wicks on youtube for a 30 min PE session
10-12	Academic learning time	Complete activities from your school pack and/or access the online learning and websites given by your teacher
12	Lunch	Help prepare lunch, lay the table, clear up and help with the dishes.
1-2	Quiet time	Quiet reading, puzzles, drawing
2-4	Creative time	Listen to music, practise your musical instrument, art, Lego

This time at home with your child also gives you the opportunity to promote some life skills and encourage your child's independence. For instance, allowing them to help prepare meals, make their bed, complete some cleaning tasks and help in the garden.

Try to have some quality family time too by playing games and watching films together. Your children will be picking up on everyone's anxieties at this time and so taking time to enjoy each other's company and have relaxing time together should help everyone to maintain a healthy mental balance.

If you or your child would like to speak to their teacher about their work or even just to have a chat, please send us an email.

<b>Staff Member</b>	<b>Role</b>	<b>Email Address</b>
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